

PAUL'S ROOF BOULDERING GUIDE

V7.2

12/09/15



INTRODUCTION

It's hard to know for sure the history behind this tiny gem of a cliff; however what is known is that local boy Nik made the first ascent (topping out) of 'Howl Wolf' back in 2010 – likely the first problem ever done here. Then in late 2011 Paul Kinnane stumbled upon the cliff and started the real work. Spider webs were eradicated, loose blocks reinforced, and the landing well-padded out. He then ushered in a few select punters to sample his works, and the rest is history. Cruelly however the 'plumbest of the plumb' – that of the visionary 'Simon's Traverse' – fell to Paul after Simon Bou had fallen off the last move in horrendous conditions. Then the crux hold broke, making it harder. Nevertheless, this uber-classic paved the way for a variety of criss-crossing classics, many of which remain unrepeated.

Grades as always are a guideline only and are highly dependent upon reach factor, conditions, strength, residual hangovers and whether or not you are comparing apples with oranges. For a guideline as to some of this area's benchmark grades, try The Press at V2; The Enforcer at V3; Subliminal Message at V4; Striker at V5; Swinger's Club at V6; and Shaun's Project at V7. Many of the traverses are yet to see a repeat and require route mentality, not just power! If you're into technical longer stuff, try Metallo, Man of Steel, and Full Blown Rampage for starters.

Ground Rules & Conditions

- 1) Take all rubbish out
- 2) Roll carpet & place in cave (if used)
- 3) Minimise tick marks/scrub once done
- 4) Watch out for snakes

Best conditions in the afternoon (after 1.00pm in summer). Can stay dry after or during light rain. Can also stay dry after heavy rain however can also be quite damp with some seepage. Enforcer finish jug will ALWAYS need cleaning due to runoff.

Note: If you can do the Top Ten in 60 minutes you have the place wired. If you can do the Top Ten in 30 minutes, you should probably find a new crag!

Introductory Circuits

The Intro Circuit:

1. Green Lipped Muscles (V1)
2. Heel Right (V1)
3. The Enforcer (V3)
4. Enforced Error (V4)
5. Howl Wolf (V4)
6. Heel Right WAHT (V4)
7. Subliminal Message (V4)
8. Craig's Kryptonite (V5)
9. Rampage (V5)
10. Simon's Traverse (V6)

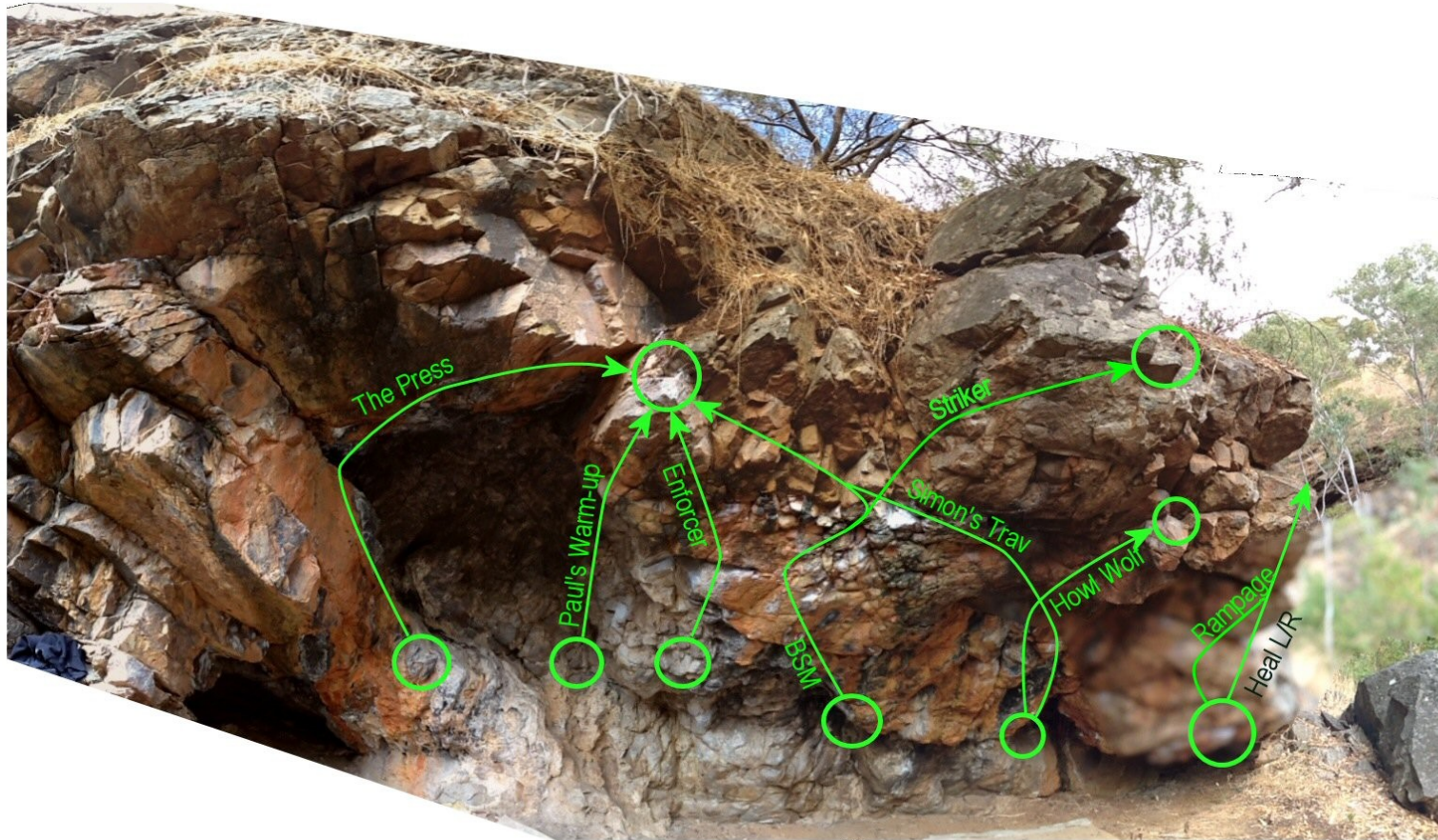
Top 10

1. The Enforcer (V3)
2. Howl Wolf (V4)
3. Enforced Error (V4)
4. Subliminal Message (V4)
5. Blast Off (V4)
6. Rampage (V5)
7. Sublime Line (V5)
8. Craig's Kryptonite (V5)
9. Striker (V5)
10. Simon's Traverse (V6)

Top 5 traverses/links

1. Metallo (V6) – Low traverse into all of Craig's Kryptonite
2. Man of Steel (V7) – Low traverse into all of Simon's Traverse
3. Full Blown Rampage (V6/7) – Low traverse into all of Rampage
4. Dirty Striker (V6/7) – low traverse right to left into all of Striker
5. Welcome to the Machine (V6) – Low traverse right to left into all of Broken Slot Machine

MAJOR LINES



THE PROBLEMS (SHADED ARE MUST DO'S)

*Red problems = Latest additions

PROBLEM	GRADE	SEQUENCE	
1. PAULS WARM UP	V0	76; 89; 58; 70	REP

2.	GREEN LIPPED MUSCLE*	V1	Described - see Far Left Side topo	REP
3.	NO MUSCLES	V1	Described - see Far Left Side topo	
	HEEL DOUBLE RIGHT	V1	2M; 7(INT); 8(RH); 10(LH); 77; 109	
4.	HEEL RIGHT*	V1	2M; 7(INT); 8; 9; 11; 15; 82; 65	REP
5.	ENFORCER EASY (SIT START)	V1	46&45; 89; 50; 58; 70	
6.	THE PRESS	V2	Described - see section 4 topo	REP
7.	HEEL LEFT	V2	2M; 7(INT); 8; 9; 10; 11; 13 (WITH LEFT HEEL IN)	REP
8.	RAMPAGE (EASY)*	V2	2&3 START; 5; 7(INT); 8; 9; 10; 12	REP
9.	SMOKED MUSCLES	V3	Described - see Far Left topo	
10.	HEEL RIGHT NO HEEL *	V3	2M; 7(INT); 8; 9; 11; 15; 82; 65	REP
11.	FULL HEEL RIGHT*	V3	1M; 7; 8M; 10; 12; 13	REP
12.	THE ENFORCER***	V3	46&45; 52; 50; 58; 70	REP
13.	BOUNDARY PUSHER	V3	see end page topo. 'Unclimbed start' will no longer work due to starting hold status	UNREPEATED
14.	NEW BASELINE	V3	34&38 START; 84; 18; 81 (int); 9; 27; 13	REP
15.	WAFER BISCUIT*	V3	2; 8; 115; 109	UNREPEATED
16.	HOWLING*	V3	22&23 START; 20; 21; 17; 24; 15	UNREPEATED
17.	THE MISTAKE STAND	V3	40M; 50; 89; small jug above + left of 89; 58; 70	UNREPEATED
18.	BREAD POWER	V3	47M; 49; 41; 50; 52; 58; 70	REP
19.	HOWL WOLF (to the jug)***	V3/4	22&23 START; 20; 21; 19; 18; 15	REP
20.	HOWL WOLF NO HEEL ***	V4	22&23 START; 20; 21; 19; 18; 15	REP
21.	THE MISTAKE SIT**	V3	34&38 (start); 75; 40; 50; 89; small jug above + left of 89; 58; 70	UNREPEATED
22.	THE STABILISER*	V4	22&23 (start); 20; 9; 90; 15	UNREPEATED
23.	HOWL WOLF (original top out)***	V4	22&23 START; 20; 21; 19; 18; 15; 65; topout	REP
24.	ENFORCED ERROR***	V4	34&38 (start); 75; 40; 50; 58; 70	REP
25.	BLINDSIDED**	V4	34&38 (start); 20; 28; 17; 15	UNREPEATED
26.	HEEL RIGHT WHAT***	V4	2M; 7(INT); 5; 9; 18; 15	REP
27.	THE DEADLY BULB	V4	34&38 START; 40; 42; 52; 50; 58; 70	UNREPEATED
28.	STEVE'S TRAVERSE* (trav)	V4	START AS FOR THE PRESS THEN: 89; 50; 40; 28(INT); 20; 18; 11M; 10M; 77; 13	UNREPEATED
29.	BLAST OFF***	V4	34&86 START; 21; 18; 15	REP
30.	COP OUT (no stars!)	V4	2&3 START; 5; 7; 6; 8; 115; 109	UNREPEATED
31.	SUBLIMINAL MESSAGE**	V4	22&23 start; 36; 9; 11; 13 (no heel hooks allowed)	REP
32.	JUST FIVE MORE MINUTES	V4	35&23; 111; 81 (INT); 9; 17; 11; 110; 13	?
33.	I'VE GOT A SMALL KNOB*	V4	34&38 START; 75; 40; 39; 50; 116; 70	UNREPEATED
34.	MISTAKEN IDENTITY***	V4	34&38 (start); 75; 40; 50; 89; 67; 69; 70	UNREPEATED
35.	WEREWOLF HOWL WOLF START**	V4/5	22&23 START; 20; 21; 18; 24; 15	UNREPEATED
36.	CRAIG'S KRYPTONITE***	V4/5	22&23 START; 20; 21; 19; 18; 24; 25; 16; 62; 65 (no heel V5)	REP

37. RAMPAGE***	V4/5	2&3 START; 5; 7; 6; 10; 13	REP
38. UNDERNEATH THE RADAR	V4/5	34&38 (start); 75; 40; 50; 89; 58; THEN REVERSE THE PRESS & FINISH UP GREEN LIPPED M.	UNREPEATED
39. SUBVICE	V4/5	22&23; 36; 9; 24; 15 (link up of Sublime Line start into Vice Grip finish)	UNREPEATED
40. YARD ARM STAND*	V4/5	40M; 54; 68; 107 (int); 112; 72	REP
41. ROCKET MAN***	V5	BLAST OFF INTO SUBLIMINAL MESSAGE (34&86 START; 21; 18; 9; 11; 13)	REP
42. THE FORCE*	V5	40M; 51; 50; 56; 68; 70	UNREPEATED
43. HEEL RIGHT NO HEEL HARD VAR (HRNHHV)***	V5	2M; 8; 11; 82; 65	REP
44. WEREWOLF ORIGINAL (BLAST OFF START)**	V5	34&86; 21; 20; 18; 24; 15	UNREPEATED
45. CUSTOM FIT*	V5	SHELF; 49; 48; 51A; 51; 40; 50(LH); 54(LH); 25A (left of 25); 18; 11; 22; 13	UNREPEATED
46. CORRECTION***	V5	ENFORCED ERROR INTO GREEN LIPPED MUSCLES (LH 58 GO RH TO SLOPER THEN GLM FINISH)	REP
47. THE REINFORCER** (trav)	V5	46&45 START; 50; 54; 59; 25; 18; 9; 11; 10; 77; 13	REP
48. SICK RAMPAGE	V5	2&3 START; 104; 7; 6; 10; 13	REP
49. BLACK KRYPTONITE**	V5	2M; 7(INT); 5; 9; 18; 24; 25; 16; 60; 65; 63; TOP	UNREPEATED
50. REVERSO* (trav)	V5	JUGS ON SHELF; 49; 48; 45; 46; 43; 40; 20; 34; 33; 35; 23; 22; 21; 2M; 7(INT); 8; 9; 10; 11; 13	UNREPEATED
51. STRIKER***	V5	34&38 START; 40M; 50; 54; 59; 16; 60; 65	REP
52. WOLF HOWL EXTENSION*	V5	22&23 START; 20; 21; 19; 18; 25; 60; 16; 65	REP
53. BROKEN SLOT MACHINE**	V5	34&38 START; 39; 40; 50; 54; 67; 59; 70	REP
54. THE NEXT BIG THING	V5	22&23 START; 87; 21; 84 (may break); 81; 14; 24; 82	UNREPEATED (BROKEN HOLD)
55. SUBLIME LINE***	V5	22&23 START; 36; 9; 27; 13	REP
56. YARD ARM**	V5	34&38 START; 75; 40; 54; 68; 107 (int); 112; 72	UNREPEATED
57. SNATCH*	V5	22&23 START; 20; 21; 19; 18; 24; 25; 103; 60; 94; 93; 96; 97; 98; 99; 100 top out.	UNREPEATED
58. TWOSOME**	V5	SWINGERS CLUB INTO CRAIG'S KRYPTONITE. One of the harder V5's...	REP
59. RAMP UP***	V5	RAMPAGE INTO CRAIG'S KRYPTONITE VIA HRWAHT. 2&3 START; 5; 7; 6; 10; undercling under 14; 9; 18; 24; 25; 16; 65. Absolutely classic!	UNREPEATED
60. PRESSING INTO STRIKER	V5	THE PRESS LINKED INTO STRIKER STANDUP. Classic status.	UNREPEATED
61. BROKEN SLOT MACHINE TURBO START	V5	44&43 (no mat assist); 40M; 50; 54; 67; 59; 70	UNREPEATED
62. STRIKER TURBO START	V5	44&43 (sit start no mat assist); 40M; 50; 54; 59; 16; 60; 65	UNREPEATED
63. CATCH 22**	V5/6	38&34; 75; 40m; 50; 59; 108; 107; 72	REP
64. UNDER PRESSURE***	V5/6	22&23 START; 20; 21; 19; 18; 25; 60; 16; 61; 95; 96; 93; 97; 98; 99; 100; top out	UNREPEATED
65. VICE GRIP**	V5/6	22&21 (start); 20; 78; 24; 15	REP
66. THREESOME***	V6	SWINGERS CLUB INTO CRAIG'S KRYPTONITE INTO SNATCH	REP
67. DOUBLE FAULT*	V6	22&23 (start); 20; 21 (int); 28; 39 (int); 40; 50; 58; 70. (Howl Wolf start with a variant 3rd move into ALL of Enforced Error).	UNREPEATED
68. PAT'S PROBLEM	V6	44&43 (start sitting); 40; 75 (RH int); 28; 75 (LH int); 24; 15	UNREPEATED

69. SWINGERS CLUB***	V6	34&38 START; 28; 29; 24 M; 15	REP
70. METALLO*** (trav)	V6	JUGS ON SHELF; 49; 48; 45; 46; 43; 40; 20; 34; 33; 35; 23; 22; 20; 21; 19; 18; 24; 25; 16; 62; 65 (low traverse into Craig's Kryptonite).	UNREPEATED
71. SIMON'S TRAVERSE*** (trav)	V6	23 & 22 START; 20; 21; 19; 18; 25; 54 (INT); 59; 54; 67; 59; 70	REP
72. CROSSFIRE*** (trav)	V6	CRAIG'S KRYPTO to 16; then 60 (int); 59; 54; 67; 59; 70	UNREPEATED
73. WELCOME TO THE MACHINE* (trav)	V6	R to L traverse into all of BROKEN SLOT MACHINE	UNREPEATED
74. RAMPAGE EXTENSION**	V6	RAMPAGE to move #4 (Hold 10); then LH to undercling of 14; RH to 9; LH to 18; then SIMON'S TRAVERSE	UNREPEATED
75. BLASTING INTO SIMON	V6	BLAST OFF TO FINISH JUG THEN TO STRIKER SLOPER (60) AND FINISH AS FOR SIMONS TRAVERSE	UNREPEATED
76. THREESOME WITH SIMON**	V6	SWINGERS CLUB INTO CRAIG'S KRYPTONITE INTO SIMON'S TRAVERSE (via Crossfire link)	UNREPEATED
77. PAT'S UNNAMED CRIMP FEST	V6	34; 86; 21; 19; 9; 83; 12 (INT); 13	UNREPEATED
78. BIG FOOT	V6	22; 23; 20; 17; 24 (M); 29 (INT); 54; 59; 68; 112; 72	PROJECT
79. FULL BLOWN RAMPAGE* (trav)	V6/7	Low left to right traverse (REVERSO) into all of RAMPAGE	UNREPEATED
80. DIRTY HARRY** (trav)	V6/7	Low right to left traverse into all of THE ENFORCER (1M; 2M; 3 (INT); 4; 5; 21; 22; 23; 34; 35; 38; 34; 40; 39; 45; 40; 51; 52; 50; 58; 70)	UNREPEATED
81. DIRTY ERROR** (trav)	V6/7	DIRTY HARRY (low right to left traverse) into all of ENFORCED ERROR	UNREPEATED
82. ON A SICK RAMPAGE WITH SIMON	V6/7?	SICK RAMPAGE INTO SIMON'S TRAVERSE VIA THE RAMP UP CONNECTION	PROJECT
83. DIRTY STRIKER*** (trav)	V6/7	DIRTY HARRY (low right to left traverse) into all of STRIKER	UNREPEATED
84. SIMPLE SIMON	V7	SIMPLE SOLUTION to move #59 then SIMON'S TRAVERSE	PROJECT
85. SUBLIMATION** (trav)	V7	Low traverse L to R into all of SUBLIME LINE (no intermediates in SL)	UNREPEATED
86. LOCKED OUT	V7	44&43 (sit start no mat assist); 40; 50; 69; 72 Bill's unrepeated huge move-fest	UNREPEATED
87. SIMPLE SOLUTION	V7	aka Steve's Project. FA by Pat. 22&23; 20; 21(int); 18; 54; 106; 59; 103; 61; 65	UNREPEATED
88. COMPLEX SOLUTION	V7	22&23; 20; 21(int); 18; 54; 106; 59; 96; 93; 97; 98; 99; 100	UNREPEATED
89. CIGAR BUTT**	V7	40; 74; 54; 16; 65	UNREPEATED
90. TWISTER***	V7	34&86 START; 20; 28; 29; 54; 66R; 16R; 64L; 65L	UNREPEATED
91. MAN OF STEEL *** (trav)	V7	Low traverse into all of SIMONS TRAVERSE	UNREPEATED
92. SHAUN'S PROJECT***	V7	First ascent by Pat. 2&3 start; 5; 9; 24; 16; 65	UNREPEATED
93. IRONMAN*** (trav)	V7	Low L to R traverse (REVERSO) into all of CROSSFIRE	UNREPEATED
94. CIGAR BUTT SIT START**	V7/8	44& 43 (START – NO MAT ASSIST); 40; 74; 54; 16; 65	UNREPEATED
95. BACKFIRE*** (trav)	V8	SHAUN'S PROJECT into CROSSFIRE finish (16; 60 int; 59; 54; 67; 59; 70)	UNREPEATED

HOLD KEY

1 See 'Right Side Hold Detail' topo
2 See 'Right Side Hold Detail' topo
3 See 'Right Side Hold Detail' topo
4 Sidepull
5 Sidepull
6 Rampage sidepull/pinch
7 See 'Right Side Hold Detail' topo
8 See 'Right Side Hold Detail' topo
9 HRWAHT edge
10 Rampage jug
11 Steve's Traverse jug
12 Slopey crimp
13 Rampage finish jug
14 Bad sloper
15 Wolf Howl finish jug
16 Striker sidepull
17 Broken slot edge
18 Wolf Howl LH grey edge
19 Wolf Howl classic edge
20 Wolf Howl pinch
21 Wolf Howl intermediate sidepull
22 Wolf Howl start hold LH
23 Wolf Howl start hold RH
24 Craig's Kryptonite sloper
25 Simon's Traverse slot
26 Undercling/gaston
27 Block pinch
28 Small crimp
29 Orange sloper
30 Hanging slot/crimp
31 Baseline intermediate slot
32 U shaped undercling
33 Edge
34 BSM start sloper
35 Black Metallo jug
36 Vertical pocket
37 Poor sloper

38 BSM sidepull
39 Flared undercling
40 Striker start undercling
41 Big sidepull
42 Deadly Bulb undercling
43 Man of Steel undercling
44 Locked Out undercling
45 Enforcer undercling #1
46 Enforcer undercling #2
47 Bread Power breadloaf
48 Large sidepull fin
49 Sidepull
50 The Slot
51 Big sloper
51a Pinch/crimp on right side of sloper
52 Enforcer sloper
53 Camel box sidepull
54 Simon's Traverse sloper
55 Block
56 Narrow edge
57 Ear
58 Enforcer sidepull
59 Triangle pinch
60 WH Extension pinch
61 High sidepull
62 Edge
63 Black Kryptonite sidepull
64 Sloper
65 Striker finish jug
66 Block undercling
67 Simon's Traverse wide pinch
68 Edge
69 Locked Out sloper
70 Enforcer finish jug
71 Hanging sidepull
72 Top fin jug
73 'Shauns' sloper

74 Hidden sidepull (Cigar)
75 Rounded gaston/sloper
76 Paul's Warm Up jug
77 Warm up jug right side
78 Flat sidepull #1
79 Flat sidepull #2
80 Block pinch
81 Triangle pinch (Vice Grip)
82 Jug (above WH jug)
83 Undercling block
84 Next Big Thing sidepull
85 Undercling
86 Crimp
87 Orange edge
88 Edge under rooflet
89 Small jug/pinch (Paul's Warm Up)
90 Cool undercling
91 Small slopey edge
92 Block undercling
93 Smaller sidepull
94 Small flat edge
95 Lip sloper
96 Sharp sidepull
97 Top crimp
98 Finish jug
99 Top out undercling
100 Top out sidepull
101 Sidepull
102 Jug
103 Sidepull pinch
104 Slopey crimp
105 Sidepull
106 Index finger pinch
107 Sloper sidepull
108 Big sidepull

FAR RIGHT



Far Right Side Hold Detail

1: Start of Full Heel Right & Dirty Harry

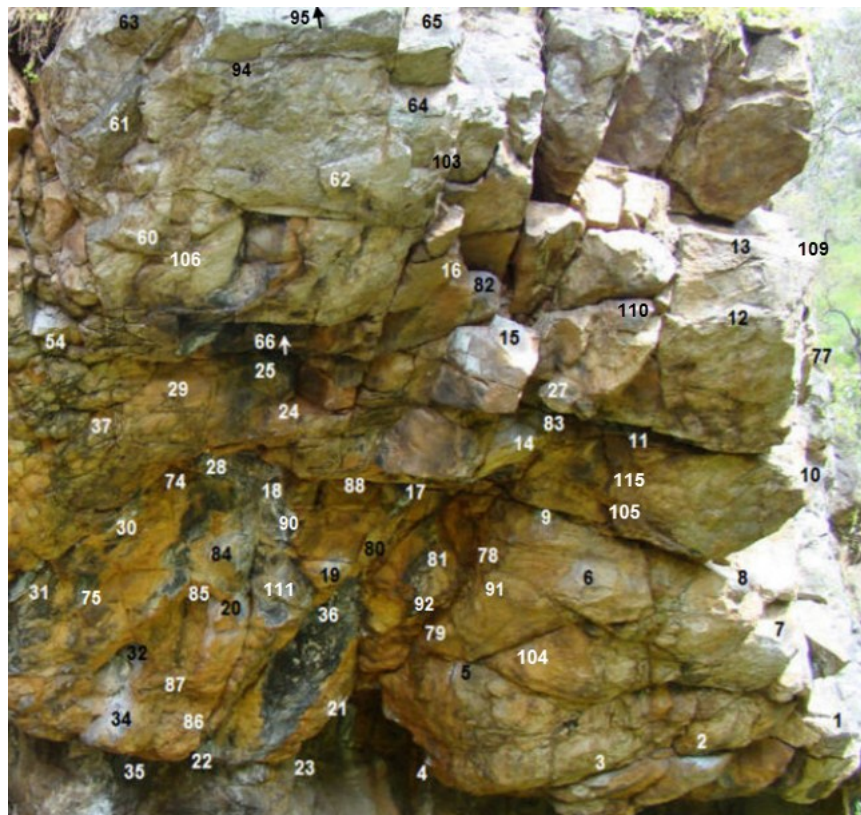
2&3: Start of Rampage

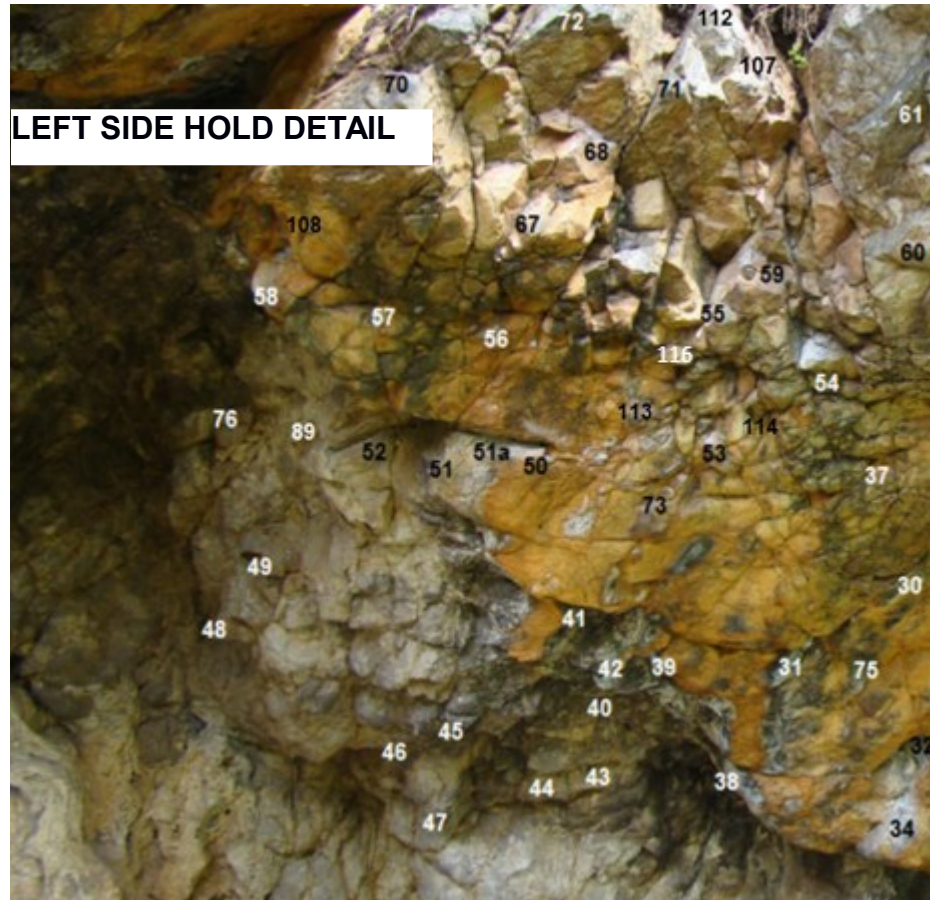
2: Start of all Heel Right/Left problems & HRWAHT/Welcome to the Machine/Dirty Error

7: Rampage 2nd move

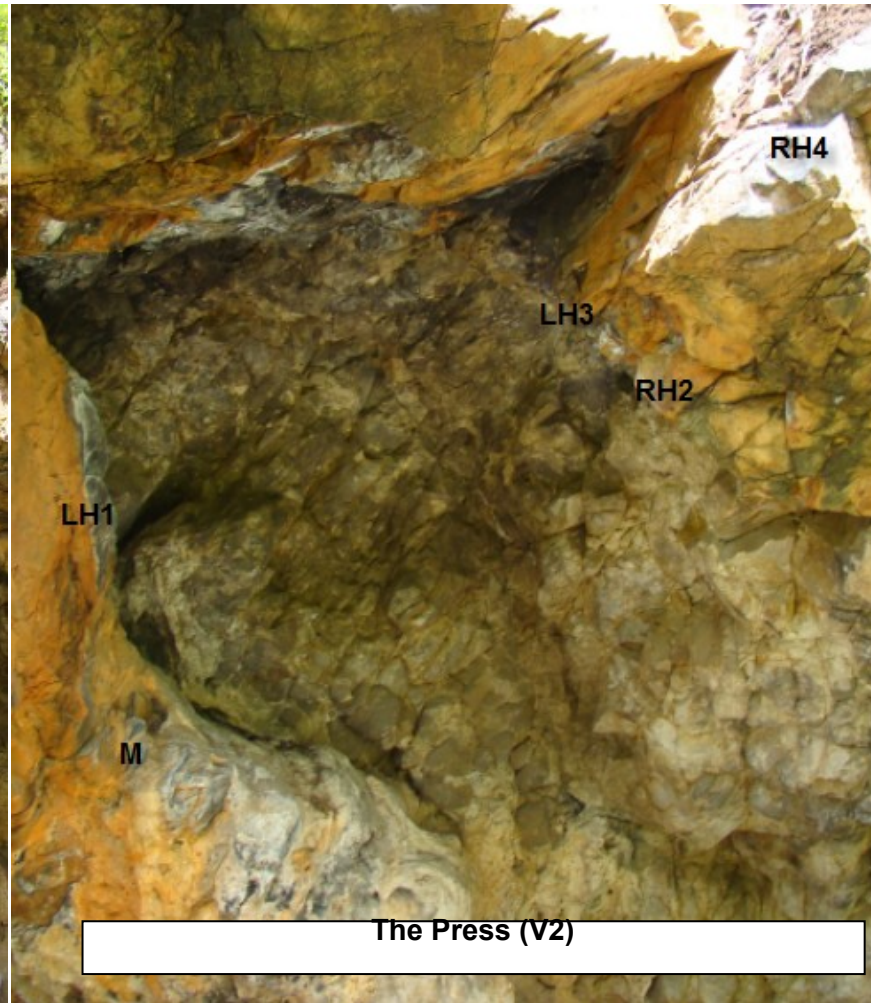
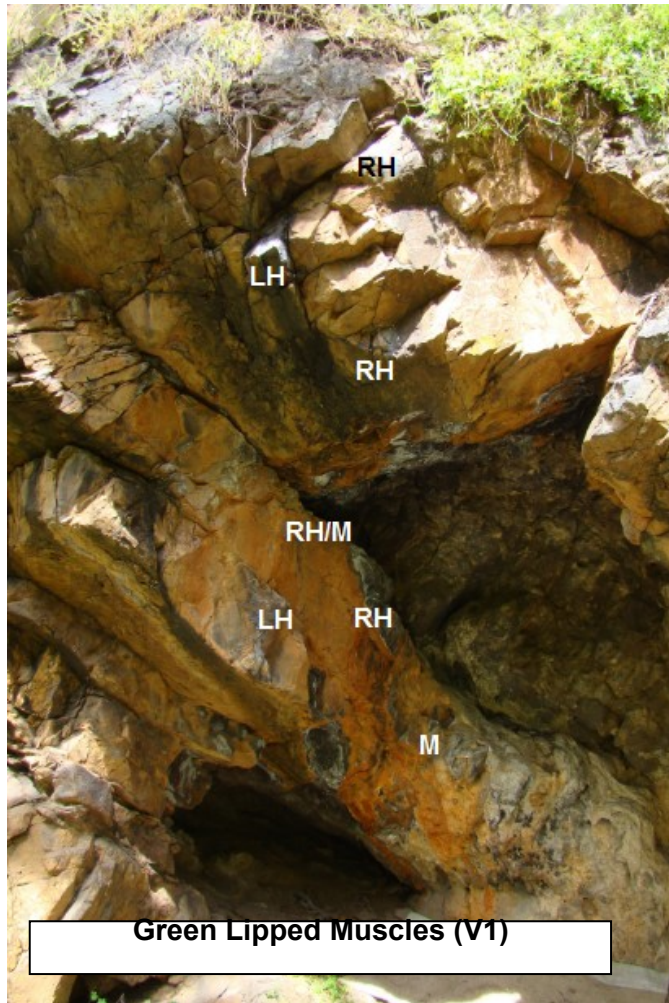
8: Heel Right 1st move

RIGHT SIDE

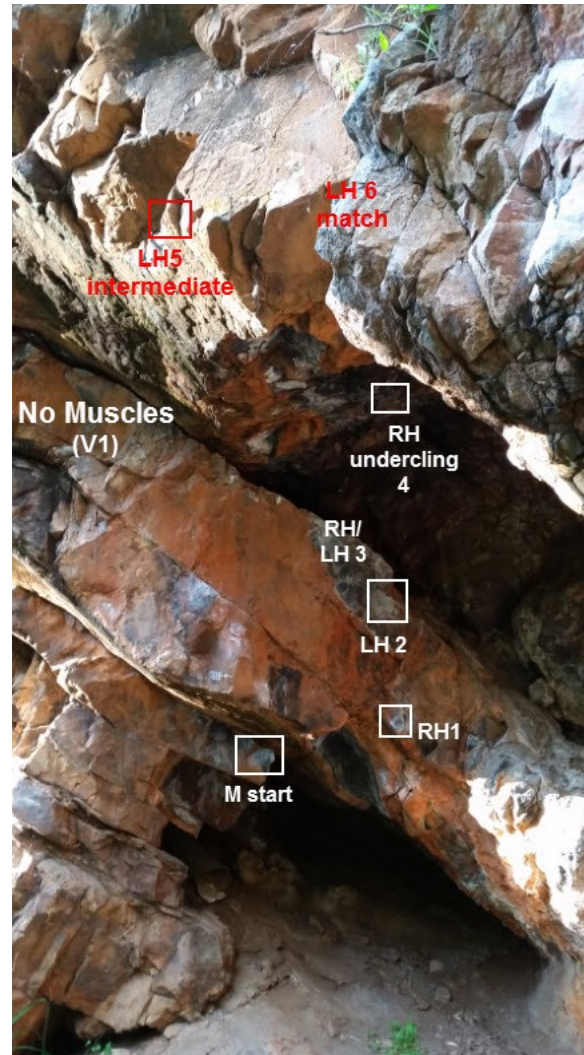
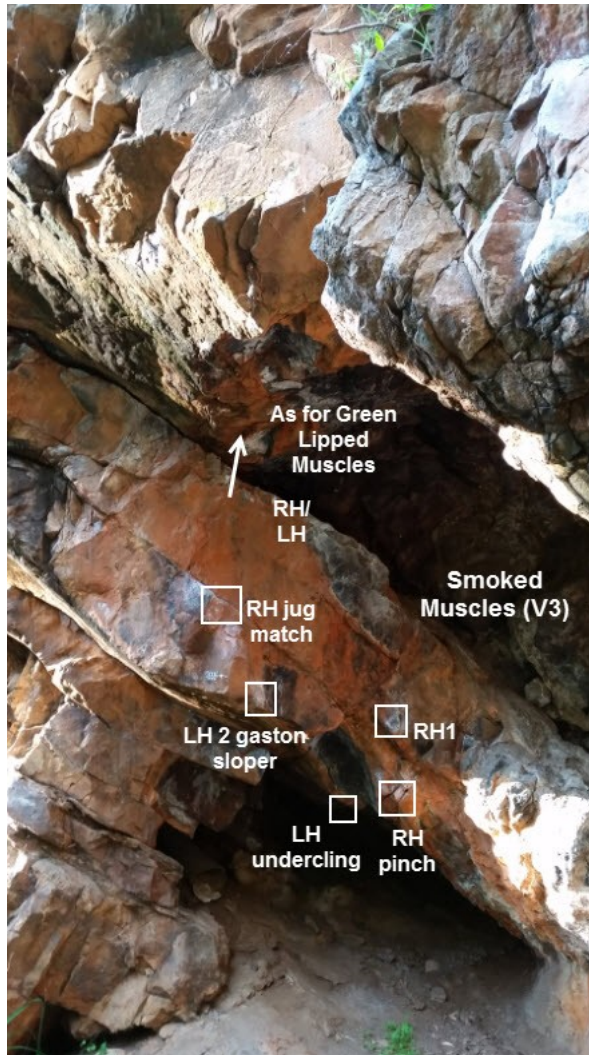




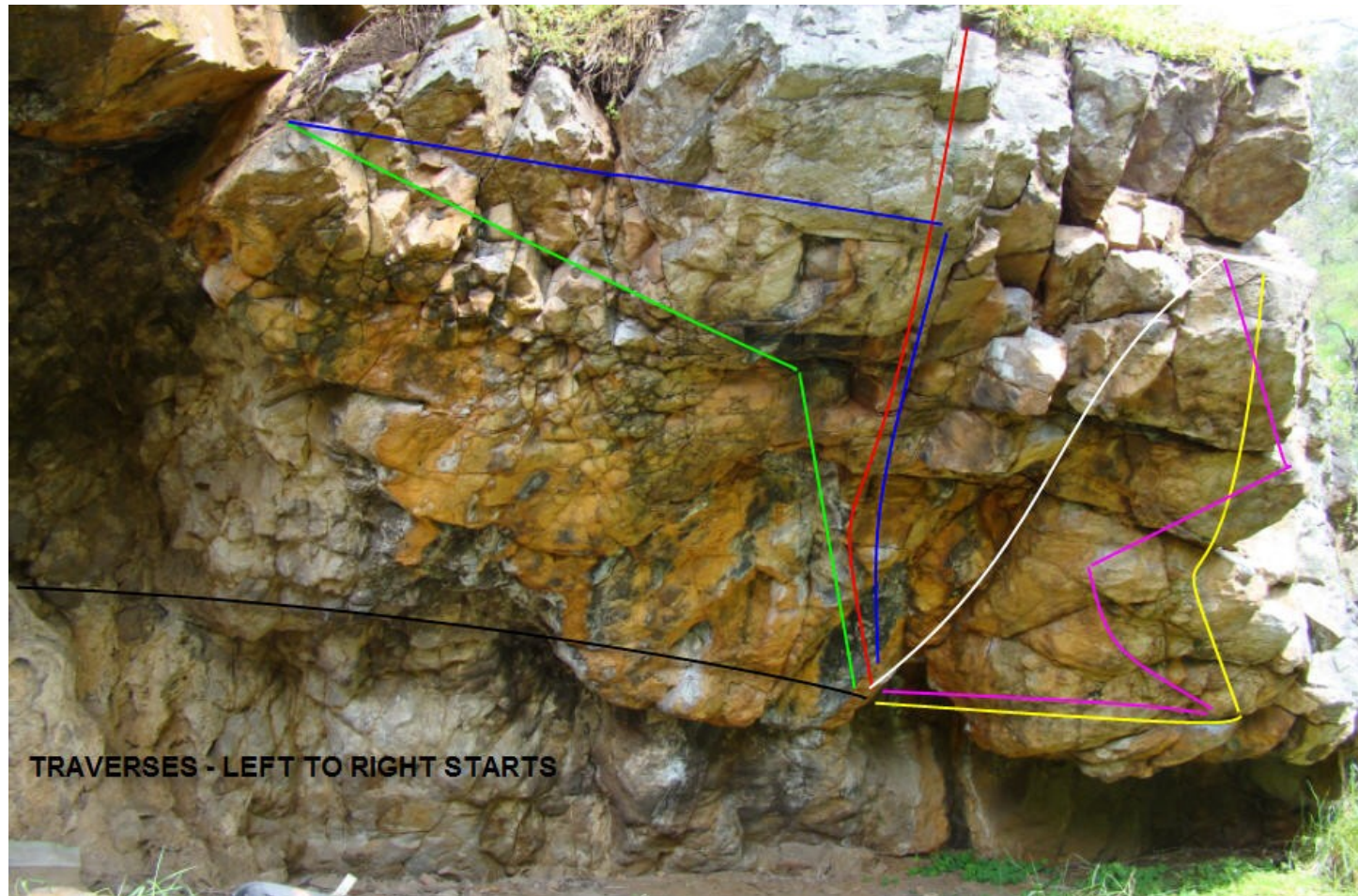
FAR LEFT SIDE



Smoked Muscles & No Muscles problems

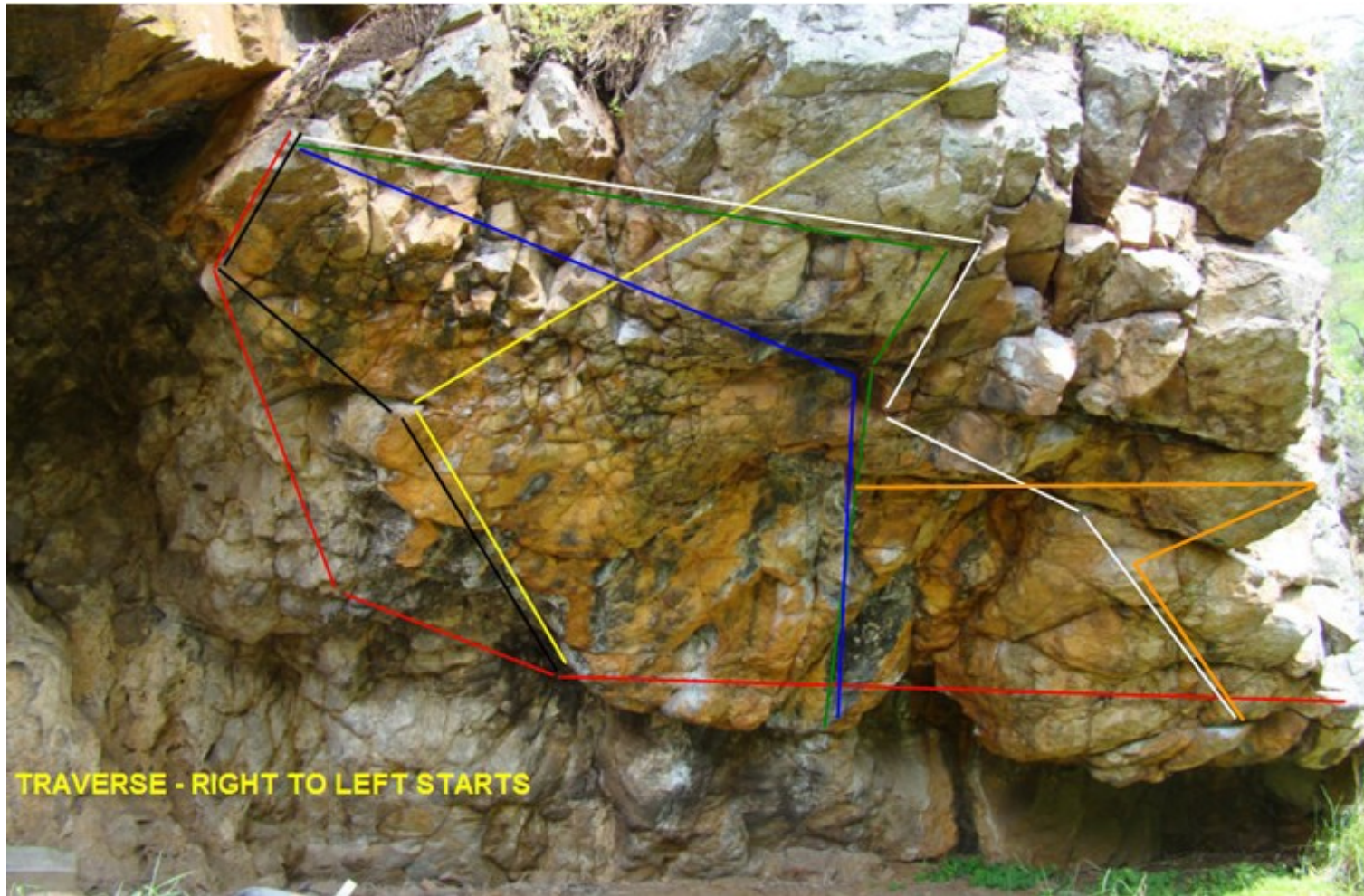


THE TRAVERSES



- Black + Yellow: Reverso (V5)
- Black + Pink: Full Blown Rampage (V6/7)
- Black + White: Sublimation (V6)
- Black + Blue: Ironman (V7)
- Black + Red: Metallo (V6)
- Black + Green: Man of Steel (V7)

THE TRAVERSES



- Red: Dirty Harry (V6/7)
- White: Backfire (V8)
- Green: Crossfire (V6)
- Blue: Simon's Traverse (V6)
- Red + Yellow + Blue: Welcome to the Machine (V6)
- Red + Yellow: Dirty Striker (V7)
- Red + Black: Dirty Enforcer (V6/7)
- Orange + Blue: Rampage Extension (V6)

PAUL'S ROOF CHECKLIST (Selection)

PAULS WARM UP	V0	
GREEN LIPPED MUSCLE*	V1	
HEEL RIGHT*	V1	
THE PRESS	V2	
HEEL LEFT	V2	
RAMPAGE (EASY)*	V2	
FULL HEEL RIGHT**	V3	
THE ENFORCER***	V3	
BOUNDARY PUSHER	V3	
THE STABILISER	V3	
NEW BASELINE	V4	
ENFORCED ERROR***	V4	
BREAD POWER	V3/4	
WOLF HOWL (WH)***	V3	
HEEL RIGHT WHAT**	V4	
WEREWOLF	V4	
THE DEADLY BULB	V4	
STEVE'S TRAVERSE* (trav)	V4	
THE FORCE	V4	
BLAST OFF	V4	
THE REINFORCER*** (trav)	V5	
SUBVICE	V4/5	
CRAIG'S KRYPTONITE***	V4	
RAMPAGE***	V4	
BLACK KRYPTONITE**	V5	
REVERSO* (trav)	V5	
STRIKER***	V5	
RAMP UP***	V5	
SNATCH**	V5	
VICE GRIP**	V6	
SUBLIME LINE***	V5/6	

WOLF HOWL EXTENSION*	V5	
BROKEN SLOT MACHINE***	V5	
THE NEXT BIG THING	V5	
STRIKER TURBO START	V5/6	
BROKEN SL. MAC. TURBO START	V5/6	
UNDER PRESSURE**	V5/6	
DOUBLE FAULT*	V6	
PAT'S PROBLEM*	V6	
SWINGERS CLUB**	V6	
METALLO*** (trav)	V6	
SIMON'S TRAVERSE**** (trav)	V6	
CROSSFIRE*** (trav)	V6	
SUBLIMATION**(trav)	V6/7	
WELCOME TO THE MACHINE* (trav)	V6	
LOCKED OUT**	V7	
FULL BLOWN RAMPAGE* (trav)	V6/7	
RAMPAGE EXTENSION	V6	
DIRTY HARRY* (trav)	V6/7	
DIRTY ERROR**(trav)	V6/7	
SIMPLE SOLUTION	V7	
TWISTER**	V7	
CIGAR BUTT**	V7	
DIRTY STRIKER*** (trav)	V7	
MAN OF STEEL*** (trav)	V7	
IRONMAN*** (trav)	V7	
SHAUN'S PROJECT**	V7	
CIGAR BUTT SIT START**	V7/8	
BACKFIRE***	V8	